

FRUIT & VEGETABLE GUIDELINES

serve these...

- A variety of fresh, frozen, canned or dried fruits (e.g. mangos, apricots, grapefruit, melons, papayas, cherries, kiwifruit, etc.)
 - Canned fruits in water or 100% juice
- A variety of fresh, frozen or canned vegetables, especially dark-green, red and orange vegetables and beans and peas (see table)
 - Canned vegetables labeled as reduced sodium or no-salt added

instead of these...

- Canned fruits in light or heavy syrup
- Fried or pre-fried vegetables (French fries, tater tots, hash browns, onion rings)
 - Pre-fried foods are items that have been fried and then frozen prior to packaging, even if prepared in a microwave or oven. These include:
 - ✗ refrigerated or frozen items, breaded or battered
 - ✗ most frozen potato products, even if the label does not say "fried"
 - ✗ frozen products described as "crispy" or "crunchy"

why?

- Fruits and vegetables provide essential vitamins and minerals that may protect against many chronic diseases such as heart disease, stroke and some cancers
- Fruits and vegetables are high in fiber which helps children and adults feel fuller longer
- When prepared without added fats or sugars, fruits and vegetables are relatively low in calories and can help adults and children achieve and maintain a healthy weight
- Canned fruits in light or heavy syrup adds sugar and calories

Examples of a variety of vegetables to choose from:

dark green

bok choy
broccoli
collard greens
leafy lettuce
(dark green)
kale
mustard greens
romaine lettuce
spinach
turnip greens

red & orange

red peppers
tomatoes
tomato products
carrots
pumpkin
acorn squash
butternut squash
hubbard squash
sweet potatoes

beans & peas

black beans
black-eyed peas
garbanzo beans
(chick peas)
kidney beans
lentils
navy beans
pinto beans
soy beans
split peas
white beans

starchy

cassava
corn
green bananas
green peas
green lima beans
plantains
potatoes
taro
water chestnuts

other

artichokes
asparagus
avocado
beets
brussels sprouts
eggplant
green peppers
okra
turnips
wax beans
zucchini

GRAINS & BREADS

serve these... instead of these...

- Whole-grain foods

The Dietary Guidelines for Americans recommend that individuals consume at least half of all grains as whole grains.

- Refined grain foods (e.g., white flour, white bread, enriched pasta, white rice)
- Sweetened grains/baked goods that are high in sugar and fat (e.g., cinnamon rolls, toaster pastries, muffins, donuts, cookies, cakes, rice treats)

NAMES FOR SUGAR:

- sucrose
- glucose
- fructose
- molasses
- high fructose corn syrup
- corn syrup
- maple syrup

CEREAL The Institute of Medicine recommends choosing cereals with 6g or less sugar per dry ounce. (1 ounce = 28g)

why?

A whole grain contains bran, germ and endosperm. Whole grains:

- Provide minerals, antioxidants and B vitamins that help bodies convert food into energy
- Contain fiber that makes you feel fuller longer, decreases cholesterol, regulates blood sugar, and helps to control weight

Three parts of a whole grain

1. bran

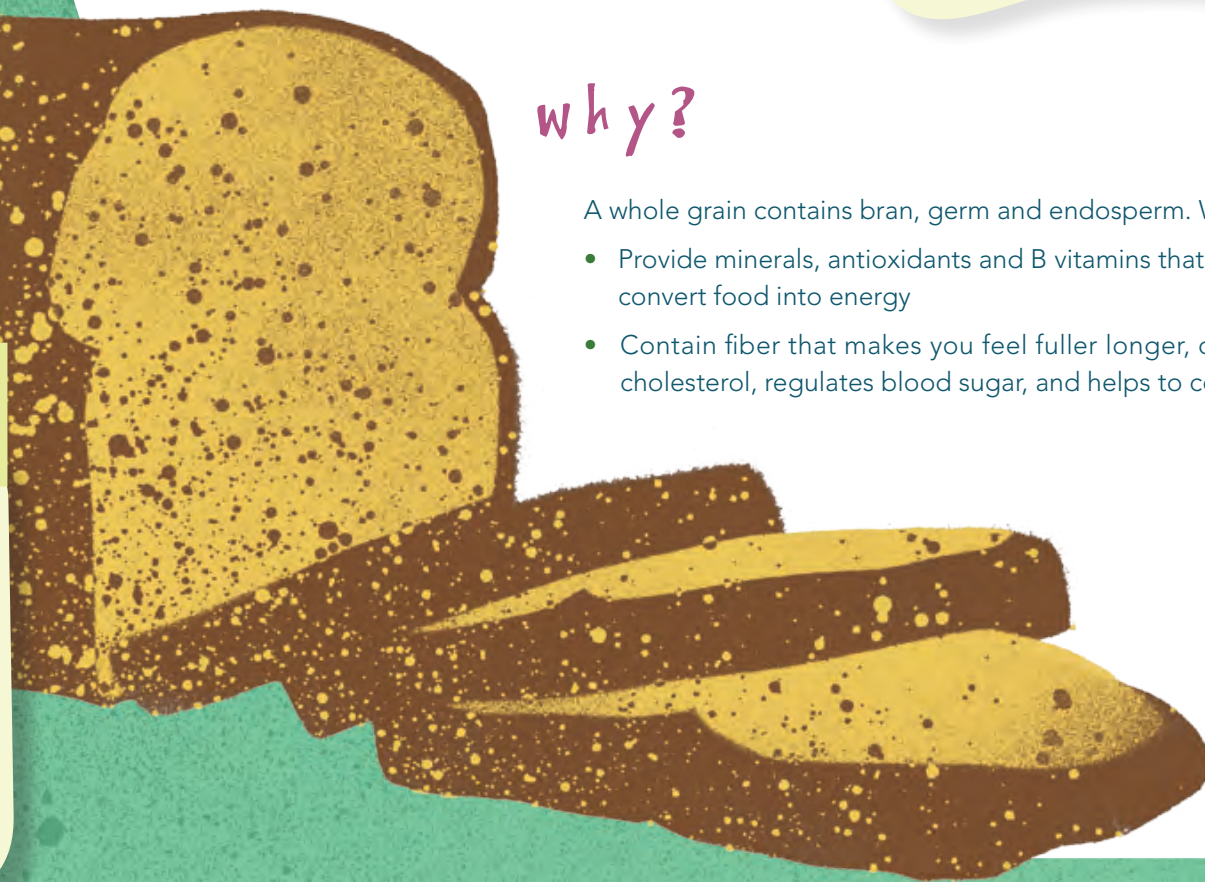
Provides fiber
Rich in B vitamins and trace minerals

2. germ

Full of B vitamins, vitamin E, minerals, healthy (unsaturated) fats and antioxidants

3. endosperm

Packed with complex carbohydrates, protein and smaller amounts of B vitamins



how?

- 1) Substitute over half of white flour in a recipe with whole grain flour (e.g. whole wheat, whole rye, millet, buckwheat or oat bran)
- 2) When serving items such as rice or pasta, mix half whole grain and half refined
- 3) **Try these:**
Breakfast: oatmeal, whole wheat pancakes or waffles, whole grain English muffins, whole wheat toast, whole grain breakfast cereal
Lunch: whole wheat macaroni and cheese or whole wheat spaghetti, whole wheat rolls or bread, brown rice
Snack: whole grain pita breads, whole wheat crackers, whole grain bars

“We switched to whole grain bread and pasta. Our menus include mostly home-made meals instead of processed and breaded items. The children responded very positively. The only food we seemed to find some resistance to was whole grain pasta, so we mixed it with regular pasta until the new taste was acceptable.”

– Maggie Smith, R.E.A.L.
K.I.D.S., Menomonee Falls

identifying whole grain foods

- Check the Ingredients List on product labels for the words “whole” or “whole grain” before the grain ingredient’s name.
- The whole grain should be the first ingredient, or the second ingredient after water.
- For foods with multiple whole grain ingredients, they should appear near the beginning of the ingredients list.

Examples of whole grains

Brown rice	Buckwheat	Whole-grain sorghum
Whole wheat	Bulgur (cracked wheat)	Whole wheat flour
Millet	Whole cornmeal	Whole-grain barley
Oatmeal	Whole rye	Whole oats/oatmeal
Quinoa	Rolled oats	Whole-grain corn
Wild rice		

Examples that are NOT whole grain

Usually found on front of packaging

Multi-grain	Seven-grain
Stone-ground	Bran
100% Wheat	

sample policies

- At least one whole grain food item will be served each day at breakfast, lunch or snack.
- Sweetened grains/baked goods (e.g., cookies, cakes, donuts, Danishes, etc.) will be served one time every two weeks for snack only (not for breakfast, lunch or supper).
Goal: These items will not be served at all.



introducing infant foods

The American Academy of Pediatrics states there is no solid evidence that waiting to introduce allergenic foods protects children from developing an allergy. If you believe an infant is likely to have food allergies — for example, if allergies run in the family or the infant has moderate to severe eczema — have parents check with his/her doctor to determine the best strategy for introducing allergenic foods like eggs, milk, peanuts, tree nuts, wheat, soy, fish and shellfish.

do this...

- Communicate with parents when and how to introduce age-appropriate solid foods. Offer foods only after parents have introduced first with no problems. The decision to feed specific foods should be made by the parent and primary care physician.
- Introduce solid foods at 4-6 months; however, the American Academy of Pediatrics strongly recommends waiting until 6 months

not this...

- Do not introduce solid food or fruit juice before 4 months because it may lead to:
 - a decrease in the intake of breast milk or formula
 - choking and digestive problems
- Do not wait longer than 6 months to introduce solid foods because it may lead to:
 - inability to accept different food textures
 - reduced motor development (e.g., chewing)
 - decreased nutrient intake

See Appendix C for the CACFP Infant Meal Pattern

introducing solid foods

Developmental readiness is often linked with an infant's age and size; however, these should not be the only considerations for feeding. Signs to look for:

- Good neck and head control
- Not using the tongue to push solid objects out of the mouth (tongue thrust reflex)
- Drawing in the lower lip when a spoon is removed
- Signs of hunger after breast milk or formula

Introduce foods one at a time: Single-ingredient solid foods should be introduced one at a time, with each food provided for a few days before a new food is introduced. This gives the infant time to get used to each flavor and texture, and to identify if there are any adverse reactions such as food allergies or intolerances.

Texture appropriate: To prevent choking, whole foods should be pureed, ground, mashed or finely chopped. Do not serve large chunks.

sample policy

- Our child care center will work with families to gradually introduce solid foods to infants between 4-6 months based on their developmental readiness. We want to ensure that foods are introduced when appropriate so there are no negative consequences.

infant cereal

serve these...

- Iron-fortified infant cereal

instead of these...

- Commercially prepared cereal mixtures (cereal with fruit)
- Low-iron infant cereals
- Cereals designed for older children and adults
- Sweetened grains/baked goods for breakfast (e.g., donuts, cinnamon rolls, toaster pastries, muffins)

why?

- Iron-fortified infant cereal is a good first solid food because it is easy to digest and contains the iron that infants need for proper growth and development
- Commercially prepared cereal mixtures and cereals for older children and adults are not recommended because they may contain:
 - a food item the infant has not tried
 - vitamins and minerals in forms or amounts not ideal for infants
 - small, hard pieces of food that could cause choking (e.g., raisins, dates, nuts, or uncooked whole grain flakes)
- Sweetened grains/baked goods are high in fat and sugar and may displace the iron-fortified infant cereal needed

Why Iron-Fortified?

Iron helps blood cells carry oxygen from the lungs to the rest of the body. If infants do not get enough iron, it can delay their growth and development.

type of infant cereal to feed

Rice cereal is usually the best choice for the first cereal. Oat, barley and wheat cereals can be added at 1-week intervals.

See the following pages for information on:

- Infant Feeding Practicespage 22
- Introducing Foods to Infantspage 23
- Foods Not Recommended for Infants.....page 29



infant breads & grains

serve these...

- Age-appropriate whole grain bread and crackers at snack:
 - strips or small pieces of dry bread, toast or crackers
 - plain crackers without seeds, nuts or whole kernels, graham crackers made without honey
 - teething biscuits

instead of these...

- Sweetened grains/baked goods (e.g., cookies, cakes, muffins)
- Foods that present choking hazards (see page 29)

why?

- Sweetened grains/baked goods are high in fat and sugar



infant fruits & vegetables

serve these...

- Offer a variety of the following:
 - commercially prepared baby fruits and vegetables
 - fresh or frozen fruits and vegetables
 - canned fruits in their natural juices or water
 - canned vegetables with no added salt

instead of these...

- 100% fruit and vegetable juices, until at least 12 months
- Fruits and vegetables with added fat, salt, honey, sugars or other sweeteners (including baby desserts)
- Commercially prepared baby food dinners listing a fruit or vegetable as the first ingredient (e.g., sweet potatoes and turkey)
- Fried or pre-fried vegetables (French fries, tater tots, hash browns, onion rings)
 - pre-fried foods are items that have been fried and then frozen prior to packaging, even if they are prepared in a microwave or oven. These include:
 - ✗ refrigerated or frozen items, breaded or battered
 - ✗ most frozen potato products, even if the label does not say "fried"
 - ✗ frozen products described as "crispy" or "crunchy"
- Fruits and vegetables that present choking hazards (see page 29)

why?

- Baby food fruits and vegetables:
 - do not usually contain sweeteners or salt
 - contain fewer ingredients that could cause an allergic reaction
 - provide nutrients and fiber that may be lost when juice is processed
- Foods with added fat, salt, sugars and other sweeteners are not needed in infant diets and can prevent infants from developing a liking for the natural flavor of foods
- Commercially prepared baby food dinners do not specify the amount of fruit/vegetable in the product and may contain a new food that could cause an allergic reaction
- Fried or pre-fried vegetables are high in fat and salt

infant meats & meat alternates

serve these...

- Lean protein sources such as ground, well-cooked lean beef, pork, skinless chicken and turkey, fish, natural cheese, egg yolk, yogurt, legumes (e.g., kidney beans, black beans, garbanzo beans/chickpeas, lima beans, black-eyed peas, pinto beans, split peas, and lentils)

instead of these...

- Commercially prepared baby food combination dinners that include a meat component (e.g., turkey and rice)
- Processed meats such as bacon, beef jerky, bologna, hot dogs, liverwurst, pepperoni, sausage, Polish sausage
- Fried or pre-fried breaded meats including chicken nuggets, chicken patties, corn dogs, fish sticks
- Meat and meat alternates that present choking hazards (see page 29)

SEAFOOD

Serve **fin fish** (salmon, tuna, trout, cod, haddock, perch, tilapia) and **shellfish** (shrimp, lobster, crab, crawfish, scallops, oysters, clams) only after parents have introduced first with no problems.

why?

- Lean protein sources have less trans fat, saturated fat, calories and salt than processed, fried or pre-fried breaded meats. Eating lean protein may decrease the risk of becoming overweight or obese and help to prevent heart disease, high cholesterol and high blood pressure
- Fish is an excellent source of lean protein. The benefits from eating a variety of fish outweigh the risks associated with mercury found in some fish. Also, because it contains healthy fats, fish is recommended for growth and development in early infancy and childhood
- Commercially prepared baby food dinners listing a meat or meat alternate as the first ingredient do not specify the amount of meat or meat alternate in the product and may contain a new food that could cause an allergic reaction

sample policies

To promote the health and wellness of infants:

- Iron-fortified infant cereal will be served to ensure proper growth and development
- Sweetened grains/baked goods will not be served at meals or snacks
- Fried or pre-fried vegetables and processed, fried or pre-fried breaded meats will not be served
- Fruit juice will not be served to infants less than 12 months
- Foods will be prepared in the appropriate textures

foods not recommended for infants

CHOKING HAZARD: Some foods are hard to control in the mouth and they can slip into the airway before being chewed properly. Do not feed infants foods or pieces of food that are the size or shape of a marble. Foods this size can be swallowed whole and could become lodged in a child's throat and cause choking.

Meat & Meat Alternate	<ul style="list-style-type: none"> • Tough meat or large chunks of meat • Fish sticks or other fish with bones • Hot dogs, sausages or toddler hot dogs • Chunks of cheese • Peanuts or other nuts and seeds • Peanut butter or other nut or seed butters
Fruits & Vegetables	<ul style="list-style-type: none"> • Dried fruits and vegetables, including raisins • Hard pieces of raw fruit such as apple, pear or melon • Whole grapes, berries, cherries and cherry or grape tomatoes • Whole pieces of canned fruit • Raw vegetable pieces (e.g., carrots, green peas, string beans, celery, etc.) or hard pieces of partially cooked vegetables including cooked or raw whole corn kernels • Whole beans
Breads & Grains	<ul style="list-style-type: none"> • Potato or corn chips, pretzels or cheese twists • Cookies, granola bars or adult cereals • Crackers or breads with seeds, nut pieces or whole grain kernels • Whole kernels of cooked rice or barley

OTHER FOODS:

- Honey and foods prepared with honey (e.g., honey graham crackers) should never be fed to infants less than 1 year because honey may contain botulism spores that can cause a serious food borne illness
- Infants should not be served shark, swordfish, king mackerel or tilefish because they contain high levels of mercury which is harmful to infants

recommendation

Make mealtimes both enjoyable and pleasant to promote healthy eating habits for picky eaters.

why?

It is normal for children to say no to new foods. It can take 10 to 15 times of being exposed to a food before a child decides if they like it or not. Some children are especially cautious about trying new foods, while others use food as a means of control. Use the strategies below to minimize struggles with trying new foods.

how?

- Encourage, but do not force, children to try and taste new foods
- Do not just offer “typical” child foods (e.g. hot dogs, macaroni and cheese or chicken nuggets)
- Have a taste-test when introducing a new food. Then have children vote yes or no
- Try to avoid mealtime power struggles. If a child refuses to eat what is served, make a gentle reminder of the next meal and/or snack

- Cut sandwiches, pancakes and waffles into fun shapes
- Dip it, spread it or top it. Serve dip with crackers, toast, rice cakes or cut-up fruit or vegetables. Some ideas are:
 - cottage cheese or plain yogurt dip
 - peanut butter or cheese spread
 - tomato sauce or applesauce topping
- Make foods fun and call finger foods playful names:
 - apple moons (thinly sliced)
 - avocado boats (a quarter of an avocado)
 - banana wheels
 - broccoli trees (steamed broccoli florets)
 - carrot swords (cooked and thinly sliced)
 - cheese building blocks
 - egg canoes (hard-boiled egg wedges)
- Invite children to be “Chefs in Training” and help with food preparation. Allow them to tear and wash lettuce, squeeze juice from oranges, stir batter or make fruit parfaits
- Maintain open communication with parents. Understand their views about foods their children eat and make them aware of your expectations with foods served. Discuss obstacles faced during mealtime

“We had one child that was not very excited about the brussels sprouts we were having at lunch, but after trying them, he ate two helpings of them. His mom is one of our teachers and I remember him yelling over to his mom ‘I love brussels sprouts!’”

– Bridget Magadanz, ThedaCare Child Learning Center, Appleton

sample policy

- We will serve a variety of foods in creative ways that are appealing to children. We understand that picky eating is a common childhood behavior. We will encourage, but never force, children to try and taste new foods. We will do our best to make mealtimes an enjoyable experience.